

CLAIMS:

1. A recreational board for travelling across a medium, said recreational board comprising:
  - a board having a top surface and a bottom surface;
  - 5 said top surface supporting a user positioned on said recreational board; and
  - said bottom surface contacting the medium on which the board travels;
  - the board being shaped so that a front portion of the board is narrower
  - 10 than a rear portion of the board;
  - wherein the bottom surface includes a plurality of grooves that extend forwardly from a central zone on said bottom surface to adjacent a side edge of the bottom surface.
2. The recreational board of claim 1 wherein the board tapers from the
- 15 rear portion of the board to front portion of the board.
3. The recreational board of claim 1 wherein the top surface of the board contains bindings.
4. The recreational board of claim 3 wherein there are two bindings.
5. The recreational board of claim 4 where a rear binding is inclined with
- 20 respect to the top surface of the board.
6. The recreational board of claim 1 wherein the bottom surface is convex.
7. The recreational board of claim 1 wherein the front portion and rear portion are turned upwardly.
- 25 8. The recreational board of claim 1 wherein the rear portion also includes a brake.
9. The recreational board of claim 8 wherein the brake includes at least one channel.
10. The recreational board of claim 9 wherein there are a plurality of
- 30 channels.
11. The recreational board of claim 1 where the recreational board is a snowboard, sand board, water board or air board.